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ABSTRACT

The All-Indian Long Distance Runner's Training Camp, predicated upon the fact that the Native American community has produced an inordinate number of long distance runners due to historical/environmental/sociological factors, has as its operational philosophy that academic achievement is stressed as a correlate to athletic success; that participation in higher education is itself a precondition to athletic recognition. Due to the short duration (5 days) and high intensity of sessions, participants are limited to 25 high school age runners, plus 5 state champion runners. Participants are exposed to concentrated live-in counseling by world class caliber distance runners; close sequence instructional/motivational lectures by top names in the running world; training films; a week-long section on injury prevention; and individualized and group counseling. Accomplishments are reinforced during the camp and a determined effort is made to insure press recognition, particularly in their home town. The first annual (1978) camp was a marked success. However, certain factors emerged which require attention or adjustment prior to staging the activity the next year. Appended are results of the formal written student evaluation, budget information, and the project proposal. (AH)

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GENERAL ASSESSMENT

1978 All Indian Long Distance Runner's Training Camp

University of Colorado at Boulder

American Indian Educational Opportunity Program

Boulder, Colorado

Ward Churchill
Administrative Director
Training Camp

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RC 013725

RUNNER'S CAMP ABSTRACT

Ward Churchill
Administrative Director
October 10, 1978

1) The concept of the All-Indian Long Distance Runner's Training Camp is predicated upon the fact that the Native American community (nationally) produces an inordinate number of fine distance runners due to historical/environmental/sociological factors. It is a correspondent fact that many of these potential running careers are cut off upon completion of secondary education (or earlier) due to lack of higher educational opportunity within the Native American community.

2) The approach of the camp is to provide "mainstream" educational opportunity to Native American runners by soliciting applicants to be assessed for selection to the camp on the basis of both academic and athletic credentials. Throughout camp operations, it is an operating philosophy that academic achievement is stressed as a correlate to athletic success; that participation in higher education is itself a precondition to athletic recognition.

3) The camp is staged as short duration (5 days) high intensity experience. This necessitates limitation to small numbers of participants (25 high school age runners plus 5 state champion runners of high school or immediate post high school age). These individuals are exposed to concentrated live-in counseling by world class calibre distance runners (Rick Rojas, Ted Castenada, Charlie Vigil) and a close sequence of instructional/motivational lectures by top names in the running world (Billy Mills, Frank Shorter, Bill Dellinger, Dr. Ken Sparks and Rich Castro). Training films and VTR units are utilized.

   A special week-long section of individualized "Injury Prevention Technique" is provided by a local podiatrist specializing in runner's maladies, Dr. Phillip Perlman.

   Individualized and group academic/interpersonal counseling is conducted throughout the week by AI-EOP staff counselors and Sam Gallegos of the CU Counseling Center.

4) Aside from direct exposure to the world of "big time" running and a University Campus, a sense of achievement is deliberately reinforced in each individual runner. First, the numbers are kept small, a natural determinant to "having made the grade". Second, each runner is afforded the opportunity to compete in an organized event against world class competition. Third, each participant receives a certificate, T-shirt and group photo to cap off events.

   This is coupled to a determined PR effort to see to it that each runner receives press recognition, particularly in his/her home of record. Follow-up contact is established by AI-EOP personnel during recruitment tours.

5) In order to make the camp financially viable to low income Native American youth, services are calculated on a cost-free basis (to the runners) including limited travel reimbursement.

6) The entire package is feasible within a basic budget of less than $10,000. Detailed information concerning all points of the program* as well as an itemized budget are attached.

*It is felt that the detail report of the initial (1978) camp's successes and short comings plus correspondent recommendations should provide the clearest information model in this respect.

The first annual (1978) All-Indian Long Distance Training Camp for runners at the University of Colorado was a marked success. However, certain factors emerged which require alteration and adjustment prior to staging this activity next year. Both positive and negative (changeable) features shall be delineated below.

1. Staff Quality

The quality of staff for the camp was superb on all levels. Having live-in counselors of the standing of Rick Rojas, Charlie Vigil and Ted Castenada virtually guaranteed the best possible over-all exposure and coaching for the kids. Bruce Gomez, Coordinating Counselor, also being a distance runner aided in this connection as did the assistance of Pauline Pino given her regular capacity as a high school track coach.

Administration and coordination of the camp proceeded very smoothly given the time factor (approximately two months) involved for total execution. Willingness of the whole staff to participate in camp events was another plus factor insofar as it boosted morale.

The fact that the entire core staff was Indian or Indio carried with it obvious psychological advantages for the runners.

A volunteer staff addition, Dr. Phillip Perlman, was a heavily positive program asset, although not of Native extraction. A Boulder Podiatrist tending to specialize in treatment of athletes, Dr. Perlman provided consistently excellent individualized service to the runners and gave us unstintingly of his time and energy as the paid staff. His advantageous involvement, as a non-Indian, was beneficial in terms of cross-cultural perspective.

Recommendations: The emphasis on world class Indian or Indio staff participation should be maintained to the fullest possible extent. It is imperative that more female counseling staff be developed (the cancellation of Cherri Bridges was a blow this year).

The configuration of administrative support should be retained in the future. It would be advisable to bring Dr. Perlman aboard as a paid consultant rather than as a volunteer. It would also seem a good move to bring in runners who have previously attended the camp (and graduated later) as peer counselors.

2. Guest Speakers/Lecturers

On balance, the line-up of consultants participating in the camp was outstanding. The presentation by Billy Mills, possibly the only living Indian Olympic Gold Medalist (and the only U.S. winner of the Olympic 10,000 meter run) may be viewed as of critical importance in establishing motive tone for activities. Similarly, the presentation by Boulder's Frank Shorter, World Premier marathon runner, worked inspirational miracles.

Technical discussions and lectures by Bill Dellinger (University of Oregon Head Track Coach), Rich Castro (University of Colorado Women's Track Coach), and George Belou (University of Colorado Offensive Line Coach) were highly instructive and rewarding. The same may be said for preventive injury workshops conducted by Dr. Perlman.

The physiology workshop by Dr. Kenneth Sparks was, in all probability, much too advanced for the high school runners in attendance (although it was an excellent session for our world-class counselors). The presentation by Ted Castenada was marginal insofar as it tended to offer certain unsubstantial political conclusions.

Recommendations: The core group of consultants should be retained (possibly exapnded) for purposes of both motivation and instruction. Dr. Sparks' presentation should be either drastically simplified or eliminated. Castenada's presentation should be clearly removed from any vestage of the political arena.

3. Audio-Visual Support

The training films shown throughout the camp were essentially right on target in terms of utilization for both instructional and individual camp runners for purposes of critique by counselors. There were also effective once technical problems with equipment were solved.

Recommendations: The training films should be retained with additional films sought for expanded sessions. It would seem preferable to replace silent films with sound where possible and to utilize color material rather than black and white.

Video equipment should see expanded usage insofar as the critiques proved highly useful for all concerned. However, equipment should be thoroughly tested prior to the beginning of the camp proper and back-up battery packs secured. An optimum here would be for the camp to purchase a single portable video system for it's own use; gear could be either new or good reconditioned equipment. Consideration should be given to the writing of a separate grant proposal on this matter.

4. Food and Accomodations

Students were housed and fed in University of Colorado dormitory facilities. These proved more than adequate in meeting both the special requirements of and standards set by the camp. Additionally, ample meeting space was available within the dormitory and billing was much simplified by dealing with a single source in subcontracting these services.

Recommendations: The same procedure of subcontracting should be followed in the future when securing these support services. Alterations are possible but not desirable, based on this year's experience.

5. Transportation

The renting of travel-all vehicles from the University of Colorado motor pool worked out quite efficiently and met all camp needs. There is no reason to anticipate alteration of such needs insofar as participant numbers and travel distance are foreseen to remain rather constant.

Recommendations: The same renting procedure in securing transport vehicles should be followed in the foreseeable future.

6. Participant Insurance

The process of securing insurance for individual runners through University of Colorado facilities at Wardenburg Medical Center was both efficient and effective. The single price billing mechanism covering each participant for exactly the duration of the camp offers decided cost advantages for full medical coverage. The Center's proximity to living and training areas is another advantage.

Recommendations: The health insurance coverage as constituted in 1978 should be continued in the future. Other options, while available, are less attractive in terms of cost and (probably) convenience of service.

7. Recruitment/Selection Process

Recruiting was faulty this year primarily due to late grant award and ensuring time constraints. While the camp is theoretically intended as drawing on a fully national pool of character. However, the participation of one runner from upstate New York, two from Wisconsin, and one each from eastern Oklahoma and Montana was a strong step in the right direction. It must also be taken into account that the northern New Mexico/Arizona area has been producing an inordinant number of nationally ranked Indian high school runners independent of any proximity to CU.

Selection, based upon both academic and athletic performance, was adhered to with a desired male/female breakdown of 13:12. Due to the perceived flaws in recruiting noted above, a geographic bias was introduced into selection to the greatest feasible extent. Thus, it was possible that (all things considered) the camp was able to obtain optimum athletic material with the academic credentials, sexual representation, and geographic/tribal diversity.

Tribes involved by participants were: Navajo, Pueblo, (Laguna, Acoma, Taos, Tohatchi), Zuni, Hopi, Tewa, Western Apache, Kiowa, Creek, Oneida, Mohawk, Blackfeet, Oglala, Brule, and Minneconjou. A Winnebago runner cancelled. The states represented were: Arizona, New Mexico, Oklahoma, New York, Wisconsin, South Dakota and Montana.

Recommendations: Recruiting should be started earlier in the future in order to maximize application to the camp. It would be extremely helpful if camp recruiting were interfaced with AI-EOP recruitment trips during the regular academic year. AI-EOP recruitment in this area would greatly benefit from a brochure concerning the camp containing an application form. Schools/areas not touched in the recruiting trips could receive such brochures by mail. A wall poster for display in athletic departments nationally would also be a benefit.

8. Press Releases/Public Relations

Given the time factors involved in PR coordination for the 1978 camp, success in this area was outstanding. Pre-camp coverage appeared in some twenty-seven (27) tribal publications and publications released in urban areas with large concentrations of Native population.

During the camp proper, coverage was necessarily more localized and was, in that context, highly successful. Articles appeared in The Daily Camera (Boulder), Daily Coloradan (CU and Boulder), Denver Post (metro area and statewide), and information was broadcast on KGNU radio.

Follow-up coverage (camp generated news releases and photographs) was picked up by most of the original twenty-seven (27) area papers as well as additional Boulder publications such as Town and Country Review. Features on the camp were generated in such odd places as the internal organ of the National Council on Atmospheric Research. Truly massive coverage appeared in Navajo Times over a two week period. Even the CU Alumni publication developed a feature and gave the camp the cover of its October issue.

A freelance professional journalist, Marsha Perlman, in combination with our internal staff, seems to have made connection with several full-fledged national sports titles. Letters confirming interest in specific features have been received from Runners World and Sports Illustrated. Marathoner, Runner, and Mountain Gazette seem very probable placements at this point.

Recommendations: It would be helpful to have recourse to posters as a part of our PR campaign in the future. This would actualize a status information source (insofar as they are mailed to and posted by applicable athletic departments) as opposed to the more "throw-away" nature of periodicals publicity.

In other respects it would seem that we have already hit upon what is essentially the winning formula of internal staff/freelance add-ons. This combination should be more extensively developed rather than altered. An extended PR time line prior to the camp should yield much in terms of additional, more in-depth, exposure. Creation of a more fully rounded photo file for release purposes would be very helpful.

Other projects for consideration are development of a slide/tape kit for use by recruiters and, potentially, also as a training device in future camps. A polished, tracked, and edited viedo tape on the camp of 15-30 minutes duration might well be used to the same ends. This could be produced internally if a VTR kit is secured.

9. Secretarial Support

It was found in operations for the 1978 camp that AI-EOP secretarial support (staff secretary and work/study) was quite adequate to meet all needs.

Recommendations: The model used for secretarial support at the initial camp should be retained in the foreseeable future. This should continue to be handled as an EOP contribution.

10. Office Accomodations

Office space needed to conduct operations for administration of the 1978 camp was amply provided in facilities of AI-EOP. Equipment provisions were superior, and access to EOP personnel and WATTS equipment was extremely

convenient. Conference space provided as a correlate service was an added boon.

Recommendations: The model used for office accomodations in administering the initial camp should be retained in the foreseeable future. This should continue to stand as an EOP contribution in terms of space, equipment, and utilities support. WATTS usage should be placed on a 50/50 split basis.

THE FOLLOWING THREE (3) PAGES CONTAIN THE RESULTS OF A FORMAL WRITTEN SURVEY TYPE EVALUATION FILLED OUT BY ALL STUDENT PARTICIPANTS AT THE 1978 PILOT CAMP STAGED IN AUGUST. INDIVIDUAL QUESTIONAIRES ARE ON FILE AT THE OFFICES OF NA-EOP. RESULTS ARE COMPILED FOR PURPOSES OF THIS DOCUMENT IN THE FORMAT ORIGINALLY USED: NUMERICAL RESPONSES ARE HIGHLITED.

EVALUATION OF THE 1978 ALL INDIAN RUNNING CAMP

BOULDER, COLORADO

Directions: Do not write your name. We want your honest opinions. Circle one answer for each question, unless otherwise instructed.

1. If you were to attend this camp again, which of the following would you like to have more of? (You may check more than one.)

   Long runs (5 miles or more) 15 — Short runs (5 miles or less) 10

   Intervals 11 — Fartlek 15

   Nautilus Training 16 — Weight work 10

   Stride Training & pacing 23 — VRT analysis 11

2. Which of the following would you like to see less of? (You may check more than one.)

   Long runs (5 miles or more) 3 — Short runs (5 miles or less 5

   Intervals 6 — Fartlek 7

   Nautilus Training 2 — Weight work 4

   Stride training & pacing 1 — VRT analysis 4

3. Would you like to see more physical sorts of recreation such as (check as many as you wish):

   Volleyball 15 — Softball 13 — Swimming 16

   Bowling 14 — Basketball 23 — Other

4. Would you like to see more non-physical sorts of recreation such as movies? 22 Yes — 4 No

5. Housing and food were:

   Superb 16 — Mediocre 10 — The Pitts 0

6. The training films shown were (circle one).

   A) Excellent 13 — B) Good 12 — C) Fair 1 — D) Waste of time 0

7. Do you think more 10 — The same number 13 — fewer 6 — training films should be shown. (check one).

8. Bill Mill's presentation was: (circle one)

   A) Extremely interesting 23 — B) Slightly interesing 3 — C) Just fair 0

   C) Bo-o-o-oring 0

9. Sam Gallegos' of the CU Counseling Center's presentation on values was:

   A) Extremely interesting 16 — B) Slightly interesting 6 — C) Only fair 2

   D) Bo-o-o-oring 0

10. Ric Rojas' and Ted Castenada's presentation on training and race strategy was:

A) Extremely helpful 23 B) Slightly helpful 2 C) Just OK 1

D) Not needed at all

11. Coach George Baloeu's Nautilus Workshop was:

A) Extremely interesting 21 B) Slightly interesting 4 C) Just fair 1

D) Not needed 0

12. Rich Castro's flexibilities/strength workshop was:

A) Extremely helpful but painful 23 B) Slightly helpful but painful (3)

C) Just painful (0) D) Not needed as I am in top condition (0)

13. Frank Shorter's presentation was:

A) Extremely interesting (21) B) Slightly interesting (5) C) So-so (0)

D) No big deal (0)

14. Bill Dellinger's presentation on altitude training was:

A) Extremely helpful (18) B) Slightly helpful (4) C) Just fair (2)

D) Bo-o-o-oring (1)

15. The Women's Seminar by Rich Castro was:

A) Extremely helpful (10) B) Slightly helpful (2) C) Just fair (3)

D) Bo-o-o-oring (0)

16. The Men's Seminar by Charlie Vigil and Ric Rojas was:

A) Extremely helpful (12) B) Slightly helpful (3) C) Just fair (3)

D) Bo-o-o-oring (0)

17. Dr. Ken Spark's Presentation on the nutrition and phsiology of distance running was:

A) Very interesting (17) B) Slightly interesting (7) C) Hard to understand (1)

D) A waste of time (0)

18. Dr. Pearlman's presentation on treatment and prevention of injuries was:

A) Extremely helpful (20) B) Slightly helpful (3) C) Fair (2)

D) A waste of time since I never get hurt (0)

19. The tour of NCAR was:

A) Very interesting (15) B) Slightly interesting (10) C) So-so (0)

D) A waste of time (0)

20. The Planetarium show was:

A) Extremely interesting (20) B) Slightly interesting (4) C) Fair (1)

D) Lousy (0)

21. The video tape replay was:

A) Extremely helpful (14) B) Slightly helpful (36) C) So-so (1)

D) More trouble than it was worth (1)

22. Would you attend this camp again if the chance arises?

Yes 26 No 0

23. Would you like to be a counselor at the camp sometime?

Yes 25 No 1

24. Do you intent to continue your educatíon past high school?

Yes 26 No 0

25. Are you considering C.U.?

Yes 13 No 4

Please feel free to make additional comments on the bottom of this page.

RUNNER'S CAMP BUDGET

1.	Room and board for 25 student runners, 4 counselors and 5 state champs for 5 days at $11 per person per day		$1,870
2.	Travel allowance for 25 student runners at $50 per student		1,250
3.	Salary for 4 live-in counselors (5 days) at $250 each (Ric Rojas, Charlie Vigil, Ted Castenada, Cherri Bridges)		1,000
4.	Salary for 1 Podiatric consultant for 5 days (not live-in)		250
5.	Honoraria for quest lecturer consultants (itemized)		
	Billy Mills	$300	
	Bill Dellinger	200	
	Rich Castro	100	
	George Belu	100	
	Frank Shorter	100	
	TOTAL		800
6.	Transport expenses for guest lecturer consultants (itemized)		
	Billy Mills (round trip from Sacramento)	$250	
	Bill Dellinger (round trip from Eugene, Oregon)	$250	
	TOTAL		500
7.	Allowance for one high school coach as live-in participant (includes room, board, transport and miscellaneous)		250
8.	Rental of AV equipment (5 films at $25 per film plus projection kit at $12 per day for 5 days)		185
9.	Purchase of camp T-shirts and silk screen printing		150
10.	Printing and hand lettering of camp certificates		100
11.	Salary for field coordinator (Bruce Gomez) as needed for 60 days (includes live-in role at camp)		750
12.	Honoraria for media consultants (itemized)		
	Photography	$250	
	Art and graphics	100	
	TOTAL		350
13.	Recruitment transportation (itemized)		
	Colorado, Wyoming, Montana, S. Dakota loop	$450	
	Colorado, N. Mexico, Arizona, Oklahoma, Kansas	500	
	Utah, Nevada, Idaho loop	450	
	TOTAL		1,400
14.	PR support (includes mailings, poster printing, duplication, etc.)		350

15. Camp transport (2 travel-alls at $26 per day each for 4 days each)	$ 208
16. Group entry fee into accredited race	75
17. Telephone support (Watts line)	300
18. Student and state champs runners insurance ($3.75 each for 30 runners)	112.50
TOTAL	$9,900.50

AMERICAN INDIAN EOP MATCHING CONTRIBUTION

(RUNNER'S CAMP)

1.	One (1) fully equipped office plus utilities (3 months at $350 per)	$1,050
2.	Secretarial support (1/2 x 3 months)	1,050
3.	Telephone matching 100% (Watts Line)	300
4.	Salaries for staff counselor and Administrative Director (estimated at a balance of 25% x 3 months each)	1,800
5.	Salaries for field recruiters (2 man months x $1,128)	2,256
6.	Duplication matching 100%	100
	TOTAL	$6,556

PACKET SENT TO ADA DEC
10/17/78

PROPOSAL: All-Indian Long Distance Runner's Training Camp (Pilot Project)

Submitted by: Norbert S Hill, Jr.
Director
NA-EOP
Univ. of Colorado,
Boulder

-1978-

ABSTRACT

This program is designed to identify and encourage high school student/athletes, primarily long distance runners, in their athletic participation and academic development.

Many Native American student/athletes will terminate their participation in athletics as they graduate from high school. Many of these students are unaware of the academic and athletic opportunities that exist for them in higher education. Most of these students have never seen a university campus.

Schools with large populations of Indian students will be provided with informational brochures and/or a personal visit from an AI-EOP representative who will discuss this program. Coaches from these schools will be asked to identify NA student/athletes, male and female, who demonstrate academic and athletic potential.

Many of these students will be able to compete athletically, as well as in the classroom. However, proper coaching, relevant counseling and exposure to post-secondary opportunities are essential elements of this project.

Billy Mills, a Sioux Olympic gold medal winner, and Frank Shorter will support the development of this program. In addition, they have committed their expertise, and participation during the summer institute. Professionals from the field of education, medicine, law and science will supplement the academic component of this project.

The following strategies will result from successful implementation of this program:

1. Increased academic and personal success through athletic involvement.

2. Understanding of educational opportunities and developmental programs.

3. Improved communication between the University and high school personnel, coaches and tribal parents and leaders.

4. Continued research in Indian Education as well as pertinent information added to the curriculum of the summer Institute.

5. Creation of a recruitment vehicle for future students, project consultants, community development personnel and tribal employees.

Rationale

Few Indian athletes ever find their way to a college campus. For most, high school competition is the last official run of their lives. Many Indians are unaware of the opportunities and support systems that exist in higher education. Fear of the unknown and the trauma of living in an environment with different customs, values and experiences often discourage the exploration of options or attempts to matriculate in post-secondary institutions. The emotional and social adjustment support a student receives play a large part in his/her ability to continue in education and athletics.

Objectives

The major purpose of this program is the establishment of an institutional structure which will allow American Indian runners to discover, understand and apply the educational resources of the University to their personal and community goals.

Briefly stated, the objectives of the Summer Training Camp for Native American Runners are:

1. To promote student interest in running.

2. To develop research and field experiences which will increase running skill and ability.

3. To develop the skills necessary for students to adjust and adapt successfully to new people and situations.

4. To provide a favorable social/educational climate which encourages student interaction and involvement.

Opportunities for learning about areas of occupation and educational endeavors. Value clarification--choose those aspects of his own culture or the society at large he wishes to maintain or utilize.

Make alternatives available:

1) optimize decision-making

2) facilitate development and movement toward objectives.

Evaluation

An evaluation will be conducted at the conclusion of the project. The Associate Director will assume this responsibility. Data will be gathered from a student survey from participating student/athletes, counselors and coaches. The objectives will be measured to determine the success of the project. In addition, academic year follow-up will be completed during the school year via telephone calls and letters to high school personnel, counselors, coaches, and parents. The major goal is that seventy per cent (70%) of the participating students/athletes will pursue post secondary educational opportunities as well as compete as athletes.

A final report will be submitted to the Advisory Board and to the contributing agency. The following procedure will be included in the evaluation plan:

1) Staff members will submit reports to the Associate Director with recommendations and suggestions to improve the project.

2) Administration of student questionnaires assessing the quality of the project's activities.

3) Create an aggregate data base of information that will include educational background, measured skills, counseling, college matriculation and retention.

IV. PERSONNEL

Project Director

Duties include: overseeing the integrity of the project. Supervise the administration and implement the project. Fiscal supervision.

Associate Project Director

Duties include: teaching; liaison with athletic and student support departments; general planning; liaison with the high schools, tribal organizations; coaches and consultants; consultation with students; supervision of staff.

Administrative Coordinator

Pre-Institute-March, April, May

Duties include: assignments from the Project Director, especially as they deal with problems of coordination with affiliate groups, individuals and organizations; student housing; travel and other logistics affecting the summer training program; general planning and committee work.

2 Teaching Associates

Duties include: teaching, student support and training; research assistance; other duties as assigned by the directors. TA's will work closely with the summer trainees on a full-time basis during the summer months.

Secretary

Responsibility for office management, report preparation, and supervision of some work-study students; general secretarial work and other duties as assigned. Secretarial activities will be an in-kind contribution from AIEOP.

Work/Study

Duties include: peer counseling, assists counselor whenever and wherever necessary; assists in monitoring student progress; knowledge of training procedures; assists in registration; and other duties assigned by director. Work/Study counselors will live in the dorms for supervision and counseling purposes.

Consultants and Guest Lecturers

The following people have been invited to participate: Billy Mills, a member of the Sioux nation and 1964 Olympic 10,000 meter champion; Ric Rojas--1976 National AAU Cross Country Champ, a Harvard graduate and native of New Mexico; Charlie Vigil, a National Class distance runner and member of Colorado Track Club; George Young, coach of Casa Grande College cross country runners and a four time Olympian; Frank Shorter, 1972 Olympic Marathon gold medalist; Dr. Kenneth Sparks, University of Colorado professor and leading sports psychologist in the country; Dean Brittinham, head coach-University of Colorado track-cross country team; plus members of the Colorado track club who are current National AAU cross country champions will also be providing information as well as encouraging these athletes.

Facilities

The University of Colorado is centrally located in relation to the larger Indian populations of the United States. The campus offers the wide variety of facilities usually found at large state universities, including five Educational Opportunity Programs, Schools of Law, architecture, medicine, engineering, nursing, education, etc. Of special advantage to the Training Program is the University of Colorado's quality track program, location of the Colorado Track Club, and the training ground for some of the country's top long distance runners.

A. Housing

Adequate dormitory space is available for students.

B. Seminars and Office Facilities

Office space will be provided by the American-Indian Educational Opportunity Program. Suitable seminar and project planning space on campus for the students and staff of the Training Program will be provided.

C. Training Facilities

1. Boulder is the location for high altitude training with immediate access to mountain and hill running.

2. Access to indoor and outdoor tracks.

3. Nautilus weight training machine.

4. All aspects of training and racing will be covered.

   a. strength work
   b. flexibility
   c. aerobic base
   d. motivation.

D. Financial Administration

1. Financial management of the program--American Indian Educational Opportunity Program will administer fiscal affairs.

   a. fiscal reports to the funding institution.
   b. approving expenditures.
   c. liaison with the financial and legal offices of the University.

Advisory Committee

The advisory committee will develop the policy and procedure for the Summer Institute Training Camp. Criteria for participants will be their responsibility as well as to develop the activities for the project. The Committee will be actively involved in the final selection of the students who will be invited to the Training camp. Although the project will be under the supervision of AI-EOP, the following advisory board members will provide the basis for the project:

Norbert Hill, Director AI-EOP
Bruce Gomes, Associate Director
Native American student
Associate Director of Coordination
Member of the Faculty

Summer Training Activities

Saturday		Arrivals - check in (Kittredge Hall)
	Evening	Dinner - General format of upcoming week, purpose of camp, etc.
		Film (64 Olympics)
		Guest Speaker: Mr. Billy Mills - History, Philosophy, etc.
Sunday		100:00 Run with Frank Shorter
	Evening	Film (Marathon - 76 Olympic Finals)
		Meeting - Coaches, Students
Monday	A.M.	4-5 mile run
	Day	Down to Shorter Sports - pick up equipment
		Tour of campus
	P.M.	4-5 mile run
		Guest Speaker: Ric Rojas - N.M. resident, 1976 National AAU Cross Country Champ. Background - Harvard grad. Association with Indian Athletes
Tuesday	A.M.	4-5 mile run
	Day	Tour of library facilities
		Lecture: Intensive training
	P.M.	Intensive training with Colorado Track Club
		Guest Speaker: Charlie Vigil - National Class-Distance Runner
Wednesday	A.M.	4-5 mile run
	Day	Dr. Kenneth Sparks - Lecture on exercise, diet for training, running, physiology, etc.
		Coach-Athlete-Question/Answer seminar
	P.M.	5-6 mile run
		Film (Documentary, Olympic Mainstream, History)
Thursday	A.M.	4-5 mile run
	Day	University of Colorado Track-Cross-Country Coach Facilities, tours, lecture-training, The Student/Athlete in College: Vocational testing and career counseling seminar
	P.M.	Internal workout - Hill training with Colorado Track Club
Friday	A.M.	4-5 mile run
	P.M.	George Young - 4 time Olympian
	Evening	Lectures - His work with Indian Athletes - Its future - Training
Saturday	A.M.	Leave for Littleton Race 15 Kilometers U STFF Championship
	P.M.	Dinner
		Guests: George Young Ken Sparks Ric Rojas Dean Brittenham
		Guest Speaker: Mr. Frank Shorter - Background, feeling, beliefs on Native American Athletics
		Question and Answer Session

BUDGET

I.	**Personnel**		
	Associate Director	$ 450	
	Administrator Coordinator	450	
	Pre-Institute Activities (March, April, May)		
	2 Teaching Associates	400	
	Guest Lecturers, Honoraria 5 @ $250.00	1,250	
			$2,550
II.	**Travel**		
	Pre-Training and Recruiting 2 trips @ $300.00	$ 600	
	Summer Trainees Travel $50/student x 25 students	1,250	
	Local Travel during Institute 500 mi. x 30/mi. van rental	150	
			2,000
III.	**Training Program Costs**		
	Room and Board $10/day x 25 students x 8 days	$2,000	
	Equipment Allowance (Shoes, shorts, T-shirt and shirts) $25.00 x 25 students	625	
	Training Film Rental 2 @ $25 each	50	
			2,675
	TOTAL COST:		$7,225

October 12, 1978

Ada Deer
University of Wisconsin
School of Social Science
Madison, Wisconsin 53706

Dear Ms. Deer:

Norbert Hill asked me to forward you the following:

1. A single page abstract of our projected 1979 runner's camp.

2. A copy of my detailed report/future camp recommendations (resultant from our 1978 initial camp) to serve as a point by point narrative for clarification purposes.

3. A detailed budget summary for 1979 camp operations.

Please bear in mind that we hope to supplement any basic grant with matching grants to supply running gear (i.e. shoes, warm-up gear, shorts, etc.) to participants and a self-contained portable video tape kit to the program.

Thank you for your interest in this project. If you have further questions, please feel free to contact either Norbert or myself at the letter number/ address. In the meantime, I am,

Sincerely,yours,

Ward Churchill
Couhselor AI-EOP

WC/ae
Enc.